

HEALTH

FITNESS

M A G A Z I N E

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**LIVING INSIDE
AN ELECTRICAL CAGE
WITHOUT KNOWING IT?**

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Living Inside An Electric Cage Without Knowing It?

By Dr. Donna, Editor

"Everywhere I go, people are suffering and they don't know why. They put their faith in their medical doctor who only sends them home with a new pill and no answers. Once they get home, they feel worse...It's at epidemic proportions," Eric Windheim told us. He's a Certified Building Biology Environmental Consultant (BBEC) and Electromagnetic Radiation Specialist (EMRS).

This statement confirms what many health care practitioners are seeing in their practice as well. Chiropractors report their patients don't hold their adjustments as long any more. Massage therapists see clients with greater amounts of pain and more trigger points. Psychologists see more patients with depression and anxiety and nothing seems to help.

Take a look at the list of complaints that often have no real medical causes that are traceable and very few solutions:

- headaches
- insomnia
- memory problems
- weakness
- heart palpitations
- stress
- moodiness
- hair loss
- fatigue
- ringing in the ears
- anxiety
- eye pain/pressure
- dizziness
- disorientation
- pain
- infertility

Additional EMF Symptoms

- depression
- unsociable
- sluggishness
- irritated without cause
- heart arrhythmias
- high cortisol levels
- dementia
- not enough milk for baby
- thyroid issues
- adrenal gland issues
- increased urination
- wake up to urinate
- allergies
- peripheral neuropathy
- erratic blood sugar or blood pressure
- high cholesterol
- sex life issues
- feet perspire excessively
- can't make decisions
- liver problems
- internal bleeding
- infections
- swelling for no reason
- worsening brain function
- digestive issues
- irritable, angry

Get Your Cage Back to Normal

The big question is what's your EMF exposure level inside your Cage of home, work and car? What EMF toxin is highest in your Cage? Which ones can you change today to give yourself a safe haven so your body can adequately rest, repair and recuperate at night?

These are questions Eric tells you the answers to when he puts on his "House Doctor" coat at an onsite EMF inspection. With precision-made German instruments that measure the four types of EMF, you can watch him work and

see the readings for yourself.

Step 1.

Eric explains what he'll test, how he'll test and give you info on an overview on the four types of EMF pollution.



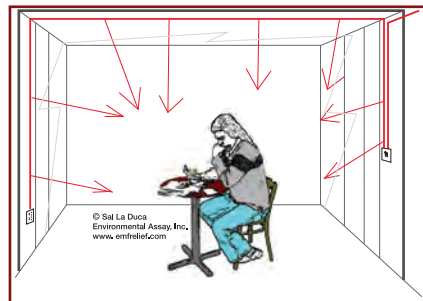
At first glance, it's difficult to find what all the symptoms have in common: living in an electrical 'cage' that has an electromagnetic field (EMF) unsuitable for any human or animal.

No Antidote Works When You're in The Cage

These people try their best to get healthy. They start exercising, take antioxidants, vitamins, minerals, herbs and even hormones. But none of this really makes that much of a difference anymore. Not when you're living and/or working in the cage. Your body never gets any rest and you can't de-stress no matter how many yoga classes you take.

What is The Cage?

"The Cage" is a form of invisible matrix created by technology that surrounds you wherever there are electrical and wireless devices. It could be the fields that surround your bedroom, your office, your entire home, or your entire neighborhood.



The Cage didn't exist until the end of the 1800s. According to Samuel Milham, M.D., M.P.H., after the advent of distributed electricity, lifespan decreased by 8 years whenever people were 'blessed' by the technology. Now, scientists worldwide are agreeing that high EMF causes symptoms and is associated with disease.

The Cage has changed remarkably since then. "Now the EMF inside your personal cage is the fastest growing toxin in the modern world," Eric told us, quoting direct sources. "It's made of magnetic fields, electric fields, microwave radiation, and dirty electricity. Microwave radiation from wireless devices is the fastest growing toxin in the cage."

Why EMF Will Bring Disability

He believes there are three reasons why EMF will continue to get worse. First of all, the advent of wireless

devices and green technology have been tremendously empowering to society. The demand for bandwidth (wireless cloud energy) increased 460% between 2012 and 2015.

Secondly, wireless technology is convenient and lastly, it generates billions of dollars of revenue for corporations and taxes for the government. Don't expect the government to set any biological relevant safety standards when industry is creating massive revenues and profits.

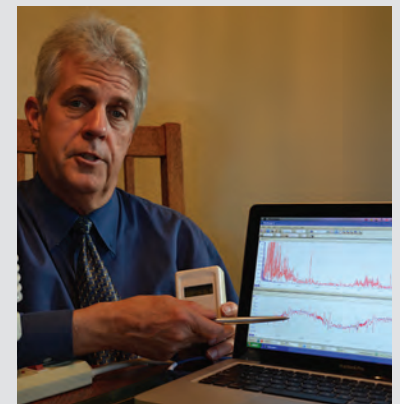
And wherever there's a money trail, there are usually lies.



The different meters are explained to show you where your EMF level is:

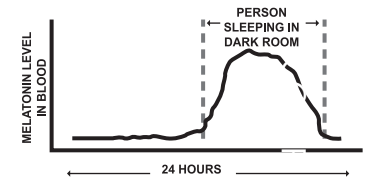
Level	Biological Hazard
No Concern	Safe level for any and all people
Slight Concern	Sick, elderly, and EHS people need to reduce exposure
Severe Concern	Better start working on solutions NOW
Extreme Concern	Changes may be irreversible and irreparable. Avoid the exposure level immediately and fix it now!

One of the devices Eric uses to detect and display dirty electricity is an oscilloscope. "Before 1970, appliances didn't pollute the electrical grid. After that, they gave off dirty electricity. The primary culprit is energy-efficient devices that use switching mode power supplies (SMPS). These deliver short spikes of power only when needed. The switch creates high frequency voltage transients (HFVT) that radiate off of any electrified wire. This is why you feel like you are inside an electric cage," he explained.

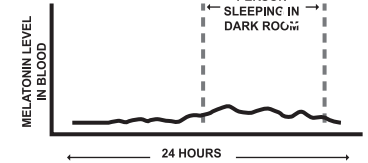


Melatonin

Natural
Melatonin
Circadian
Rhythm



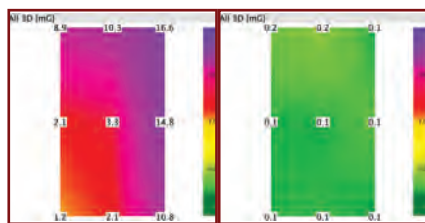
Disrupted
sleep due to
Light or
EMF



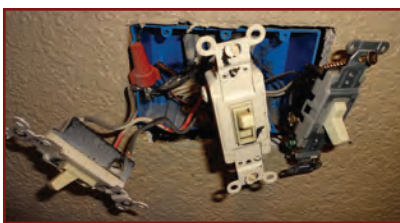
The Origin of the Lie That High EMF Won't Harm You

Government studies showed that radio operators in World War II had higher rates of illness and cancer. In 1947, the U.S. brought over German scientists in Project Paperclip. One of them, Herman Schwan, was hired to say that the damage from radio waves would only occur when body temperature rose. It's called the thermal effect. And there is no such thing as a non-thermal biological effect.

By the 1950s, military personnel reported eye injuries, internal bleeding and sterility more frequently. Schwan obeyed his job orders and said all of them were anecdotal and unreliable, and that the only time damage occurred was if body temp increased from the radio waves. His explanation implied



This is a heat map of the magnetic field of the bed before and after the EMF was reduced.



Eric finds household wiring code violations in 25% of his EMF assessments. These cause shock, fire and toxic magnetic field risks.

the body could cool itself down. But cataracts prove that eye damage results because eyes don't cool down from microwave radiation exposure.

Schwan's "No damage except from thermal heating" concept spread like wildfire with the cell phone industry. For years they claimed your cell phone was harmless, but when you happened to say your ear and head were hot from using the cell phone, they'd ask why you didn't read the instructions and keep it 1 inch from the body. By the way, Eric has a way to test the EMF power level that runs through your body while you're using your phone.

"Since Schwan's time, wireless radiation exposure from TV, Radio, Radar and wireless devices has increased a million billion times. This tells us we're headed for trouble."

EMF Physiological Changes are Calculable

Your body is electrical in nature and responds to its environment. If the cage it's in has a greater electromagnetic field, the body morphs to the field in the cage. Your body has no natural defense against the

high EMF. Within seconds, it tries to adapt and the cell wall tightens, not allowing detoxification of waste products nor nutrients in.

Then the nervous system kicks in and sends out the stress alarm. Cortisol levels skyrocket. Normal metabolism stops. Transfer of calcium ions

through the cell wall are drastically disrupted. Endorphin and neurotransmitter synthesis stops. Before long, cells malfunction, tissues malfunction, organs malfunction and then the body malfunctions.

"We are seeing physical symptoms and biological changes at levels 10,

100 and 1000 times lower than the FCC thermal safety guidelines. What this tells us is you don't have to be 'cooked' to be harmed," Eric stated.

Check out the chart on how the population is affected by EMF.

WHO'S AFFECTED BY EMF?	
PERCENTAGE OF POPULATION	SYMPTOMS
3 to 8% of population	Have Electrohypersensitivity or EHS. These people are extremely sensitive to EMF. They can't work, can't think, lose their job and are often physically disabled. Some can recover but others won't. One exposure inside a super high EMF cage can cause death. According to De-Kun Li, M.D., Ph.D., M.P.H., this is what happens to many fetuses. When their EMF exposure increases to 16 MG inside the womb – and since there's no defense against these high levels – miscarriage occurs.
31 to 32%	Cage exposure causes unexplained pain, a lot of time visiting doctors, and problems on the job, family and social situations.
31-32%	Only mild symptoms. No need for doctor visits. Feel better on camping and outdoor trips.
31-32%	No symptoms at all. However, when you test endorphin levels, blood sugar levels, and heat shock proteins, you'll see the evidence of their dysfunction even on live blood cell analysis. As long as you're human, medically detectable biological changes occur.



Step 2.

He'll begin walking around the home, searching for high levels of EMF. Here, he's found high levels on the wall behind the refrigerator due to the motor. Don't spend time here.



Step 3.

Checking the kitchen is always important. A stove may put out high levels of EMF unsafe for those who are cooking. Pregnant women should always keep a safe distance!



Step 4.

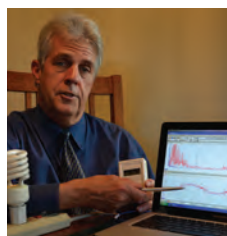
Eric's meters register the voltage voltage on and current travelling through your body while sleeping.

Eric creates low EMF SLEEP SANCTUARIES.





This meter is used to measure 3D electric fields, 3D magnetic fields, body voltage and is a data logging device for all these plus RF. It's specially made in Germany for building biologists.



Dirty electricity is measured with spectrum analysis, digital readout, and waveform display. There are simple solutions to eliminate it.

Schedule an EMF Assessment for Your Home

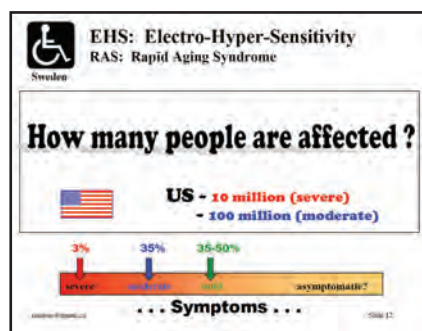
The onsite EMF Assessment Eric does is not something you can do on your own. The Cage has progressed beyond the point where you can get a Gauss meter on Amazon and use it as your sole source of information. You need his advanced technology and proven training to detect what's wrong in your house. His certification as an Electromagnetic Radiation Specialist goes beyond the certification of Building Biologist and allows him to find all the problems, accurately assess your risks and propose proven solutions.

Some of the solutions recommended have medically verifiable results. For example, Eric's clients have had blood sugar levels drop from 200 mg/dl to 100 mg/dl overnight. There's a type of diabetes that is influenced by EMF. "You could suddenly start getting a good night of sleep and all your aches and pains or headaches disappear. These are things I hear all the time. I'm a house doctor here to fix the house to make it safe, yet it's people's health and lives that are improving," he said.

A house doctor EMF assessment will lower your EMF exposure levels. Many people feel better instantly while Eric is at the house or by the next morning.

Who should have an Electromagnetic Risk Assessment from Eric? Three types of people: 1) If you feel remarkably better when you leave your home and worse when you return to it, 2) if your symptoms are on the lists in this article, and 3) if you use electricity and family members are having symptoms. Give Eric a call. Don't wait for irreparable and irreversible damage to your health.

For more information, call Eric at 916-395-7336 and see his website at WindheimEMFSolutions.com HBF



Testimonials Cancer Improved

"We felt poorly after the Smart Meter was installed. My GP and Oncologist gave me a troubling diagnosis and prognosis. Eric helped us remove the Smart Meter and identify and filter our Dirty Electricity. We felt better in a few days. Six months later my Oncologist stated, 'I have no explanation for your improved condition. What lifestyle change did you make?'" **R. Kammerer, Wilton**

Changes Seen at the EMF Assessment House Call

"With the smart meter on the house, Jack was stumbling, could not remember things, had pressure in his head and felt like he had multiple strokes. After removing the smart meter, his symptoms subsided. He remembered things, walked straight and his head felt normal. Next Eric identified, measured and filtered our dirty electricity: immediately we all felt and behaved much better (pets included) and we noticed a peace and calmness right away. Best of all Jack's blood pressure went down and he was able to stop his tranquilizers". **Jack & Ginny Linn, Sacramento**

MS is Better and Pain is Gone!

"...An electric code violation created a high magnetic field on my master bed more than 4X the Building Biology 'Extreme Concern' level: it ran the length of the house and polluted far more than my master bedroom. Every time I slept on my master bed, I had pain rated 6 out of 10 and the pain stopped when I got out of bed. I thought this was just a symptom of my MS. Sleeping in a different bedroom, my pain went down to a level of 2, The magnetic field was causing a painful and hazardous biological problem...Magnetic field measurements were reduced from 23.00 mG down to .19 mG in the 'No Concern' level. What a relief! Great news! My pain level is now Zero and I sleep in my master bedroom! I also notice that my 'restless leg' at night has stopped. I am so excited about this and my husband, who never felt any related pain, is very happy for both of us." **Karis Cromartie, Sacramento,**

Step 5.

The microwave radiation emitted by your so-called SMART meter is measured. You'll be shocked.



Step 6.

Checking the outside of your home is also important. Underground electric service creates a magnetic field that may cause a pregnant woman miscarry from exposure.



Step 7.

Eric will analyze and summarize all the findings and provide written solutions, some of which are free and can be made while he's there, with some clients feeling and sleeping better immediately.



COMPLETELY HIDDEN CAUSE OF DISEASE FINALLY REVEALED

A new way to search out cause of illness, explained step by step.

By Dr. Donna

Take a look at the list below of symptoms and see how many of them you might have:

- Insomnia
- Nightmares
- Irritability
- Anxiety
- Headaches
- Ringing in the ears
- Facial flushing
- Endocrine disorders
- Fatigue
- Weakness
- Dizziness
- Balance problems
- Changes in vision
- Leg cramps
- Arthritis
- Nausea
- Sinus problems
- Skin rashes

You might only have a few but as symptoms start accumulating, you'll have to start thinking outside the box to solve your own health problems.

Perhaps like you, I was pretty healthy but recently my health started taking a turn for the worst. I'd get up in the middle of the night to urinate even though there was no urinary tract infection. Headaches became common. At times, I'd have ringing in my ears, facial flushing and even high blood pressure for no apparent reason. In the morning, I'd stagger out of bed with ears so congested I couldn't hear a sound. I craved yogurt and felt body aches and pains without it.

Don't Think Twice – Call In the Expert

The only thing new had been a neighbor moving in next door to my house yards away. So I called Eric Windheim, a Certified Electromagnetic Radiation Specialist and Building Biology Environmental Consultant. He's well known for his work in the area, and a top consultant in the field. He was also one of the pioneers in this area that stood up for residents' rights to have a choice about electric meters on their home.

I had read it was possible that all a neighbor's dirty electricity could end up being "processed" through your home, causing you to have to deal with super high levels of electromagnetic radiation – and health problems. Little did I know my home was affected.

What Happens With a Building Biology Environmental Consultation

When Eric first comes to your house for a consultation, his goal is to minimize manmade electromagnetic radiation to biologically precautionary levels. He isn't satisfied until he has made your home a safe haven in a toxic electromagnetic world.

"We are all surrounded by far too many wireless routers, wireless phones, computers, portable phones, cell phone towers, underground wires, SMART meters, and electric overhead wires," he said. Even our cars are electromagnetic death traps.

"Studies worldwide confirm this network of dirty electricity and high electromagnetic fields is causing health problems that modern medical doctors are not currently able to diagnose."

Oscilloscopes Prove What's Occurring In the Invisible World

Eric first set up an oscilloscope that measures electrical waves, which should be in a perfect sine wave. Once you turn on all the lights in the home, the sine wave should keep its perfect formation. However, if the electrical wiring in your home is not correct to codes, the oscilloscope starts showing erratic waveforms and spikes of high voltage transients reflective of dirty electricity. In my home, the levels were safe until all the lights were turned on. Then it became evident I was living in a home that had 5 times the dirty electricity level considered safe.

Eric also tested the microwave radiation in the living room as well as the magnetic field. Then we moved on to the office where I do most of my work 12 or more hours a day. The HF59B meter recorded radiation levels 20 times the Extreme Concern levels for biological safety. The reasons why were quickly identified – 1) the wireless keyboard on the computer, 2) the wireless printer, and 3) the SMART meters on the outside 3' behind my desk.

Changing to a USB keyboard and turning off the wireless printer reduced the radiation by 99.9%. However, the SMART meters on the back wall

were aiming harmful radiation right at my kidneys and right through me. No wonder why I was having kidney issues and high blood pressure! Eric reminded me that both of these health issues could be related to high electromagnetic radiation. He shielded the entire back wall with a special type of aluminum material to cut down radiation by 97%. Moving the desk to a safer location in the room is the next step.

No Microwave Oven Made the Kitchen Safer

The next checkpoint was the kitchen, which was completely safe except for a toaster oven. The master bedroom was the most troublesome. The fields read high in the room.

Eric uses another method to test what's happening to someone as they sleep. Your body should be able to totally rest at night while cells restore themselves and rejuvenate. However, if there's any voltage charge on the body at night, this won't happen. It's one of the main reasons why people don't wake up rested.

For this test, I mimicked the exact position during sleeping while holding a metal cable connected to a NFA1000 meter. The meter is connected to a ground wire outside. The usual voltage for health is <100 millivolts. However, my reading ended up being a whopping 1100-1200 millivolts, which is far above the Extreme Concern range. With wisdom, Eric located the two primary circuits that were putting voltage into my body. These circuits would be the ones turn off each night in order to feel peaceful and renewed once again.

A complete report was emailed to me, summarizing all the findings and the best plans of action to take, all totally understandable in layman's language.

What About You?

Checking for EMF and microwave radiation is becoming a necessity if you want to preserve your health. Even if you only have a few symptoms on the list earlier in this article, give Eric a call for a home consultation at 916-395-7336. Making the changes could literally be your true wake up call to health. Check out his website today at www.Windheim-EMF-solutions.com **H&F**

EMFS - THE DANGERS OF MODERN CONVENIENCE

By Leigh Erin Connealy, M.D., M.P.H.

We are immersed in a world of technology, unable to escape from the moment our electronic alarm clocks awaken us in the morning until the moment we snuggle under our electric blankets at the end of the day. We have been raised with the luxuries of modern appliances to simplify our lives. Few and far between are the days of manual labor, as there is a machine to do just about everything for us. We live in amazing times, so different from just 100 years ago. Life is better, right?

Yes in many ways there's no disputing that life is, at the very least, easier. Yet unfortunately, today we are faced with illnesses that were rare if not completely unheard of just a short century ago. While our technology continues to advance us to new heights, very little attention has been paid to the toll that such feats are exacting on our health. And it was not until very recently that a focus has been placed on the dangers associated with the very "conveniences" that were intended to improve the quality of our lives.

Link Between Leukemia in Kids and EMFs

In the 1970's researchers established a link between childhood leukemia and electrical power lines, creating an uproar in rural communities across America. It was found that power lines, like all electrical devices, emit electromagnetic fields (EMFs) that had the ability to cause cancer in children. Since this discovery, more researchers have devoted their attention to determining the full extent to which EMFs impact our health. While the research is relatively new, the findings thus far are frightening.

All power operated appliances and machinery, both alternating current

(AC) and direct current (DC), emit electromagnetic waves. As the electromagnetic waves radiate away from their origin, they decrease in strength rapidly, dropping off almost completely at about 4 feet. Such electromagnetic fields are measured in terms of Gauss (G) or milligauss (mG), 1/1,000 of a Gauss. The electrical wiring in your home, when operating properly, emits between 0.5 and 0.9mG. The EPA's recommended safety standard is 1mG.

Health Issues From EMFs

EMFs have been linked to a host of health concerns, including miscarriage, birth defects, breast cancer (in both men and women), adult and childhood leukemia, depression, suicide, Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease and ALS.

Researchers believe that, rather than causing direct harm, EMFs create subtle changes within the body that lead to serious diseases. Extensive research has been conducted examining the effects of EMFs on a hormone in the body called

melatonin. Melatonin is secreted by the pineal gland in the center of the brain and controls the sleeping and waking cycles, enhances the immune system, lowers cholesterol and blood pressure and is a potent antioxidant that plays a part in preventing cancer, Alzheimer's disease, Parkinson's disease, diabetes and heart disease.

Studies indicate that EMF exposure can shut down melatonin secretion in the body. Researchers at the University of North Carolina believe that the decreased levels of melatonin stemming from EMF exposure may cause depression and suicide. When they compared levels of EMF exposure and rate of suicide among more than 5,000 electrical workers and an equal number of non-electrical workers, they found that the suicide rate of the electrical workers was twice that of the control group.

EMFs Also Alter Hormone Levels

Robert P. Liburdy of Lawrence Berkley National Laboratory found that exposure to 12mG EMFs can suppress the ability of both

melatonin and the hormone-emulating drug tamoxifen to shut down the growth of cancer cells. Tamoxifen is a synthetic estrogen that prevents cancer cell growth by blocking the cell's estrogen receptors. In the breast, this can starve most cancer cells of the estrogen that normally spurs their growth. An exposure to EMFs interferes with the drugs ability to bind to the estrogen receptor, thus opening the door for the cancer cells to proliferate.

Further research indicates that EMFs actually have the ability to alter the hormones estrogen as well as testosterone. Charles Graham, an experimental physiologist at the Midwest Research Institute in Kansas City, MO, found that women exposed to 200mG EMFs overnight had significantly elevated levels of estrogen. Elevated levels of estrogen over many years have been shown to increase a woman's risk to breast cancer. In the same study, Graham exposed men to 200mG intermittently over a 3-night period (on for 15 seconds, off for 15 seconds) and found that it reduced their levels of testosterone, a hormone drop that has been linked to testicular and prostate cancer.

LEIGH ERIN CONNEALY, M.D., M.P.H. also has postgraduate training in family practice. Her practice is firmly based in the belief that strictly treating health problems with medications does not find the root cause of the illness. She began practicing medicine in 1986. For more information, please visit her website at www.perfectlyhealthy.net.

For local help with detecting any EMF problems in your home, call Eric Windheim at 916-395-7336 and check out his website at www.Windheim-EMF-Solutions.com **H&F**

